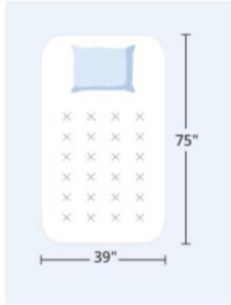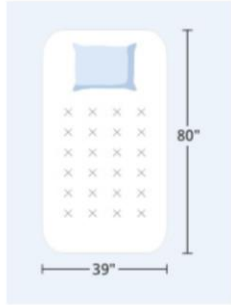# sierra**sleep**® — BY ASHLEY — Bedding Basics

Shop Mattresses By Size
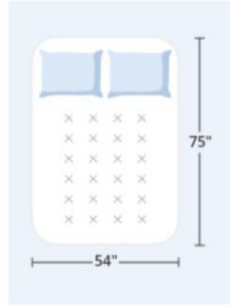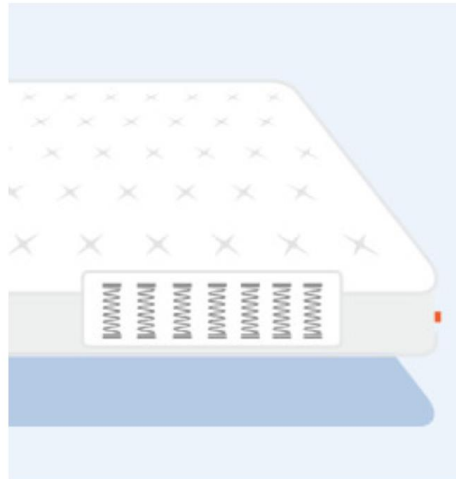
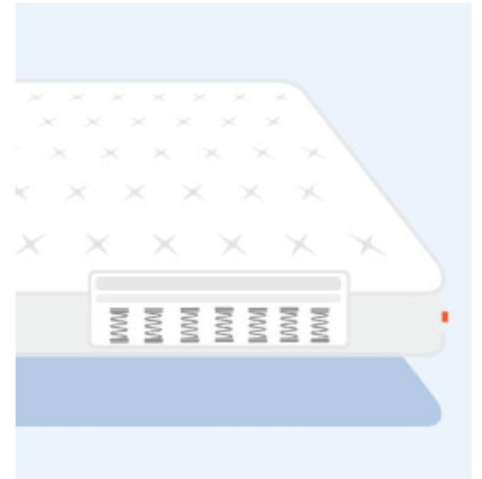| Twin >	Twin XL >	Full >	Queen >	King >	California King >
75" × 39"	80" × 39"	75" × 54"	80" × 60"	80" × 76"	84" × 72"

Shop by Mattress Type

Memory Foam >   **Innerspring >**   **Hybrid >**

Shop by Comfort Level
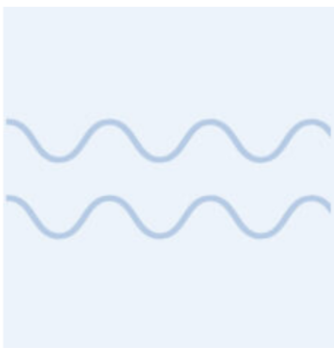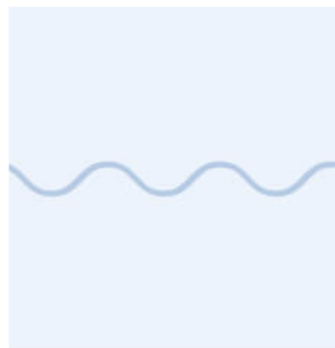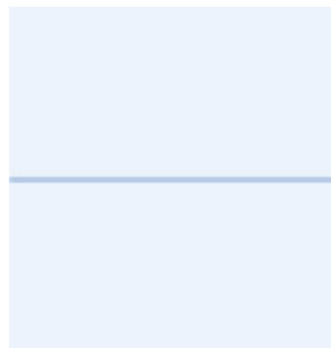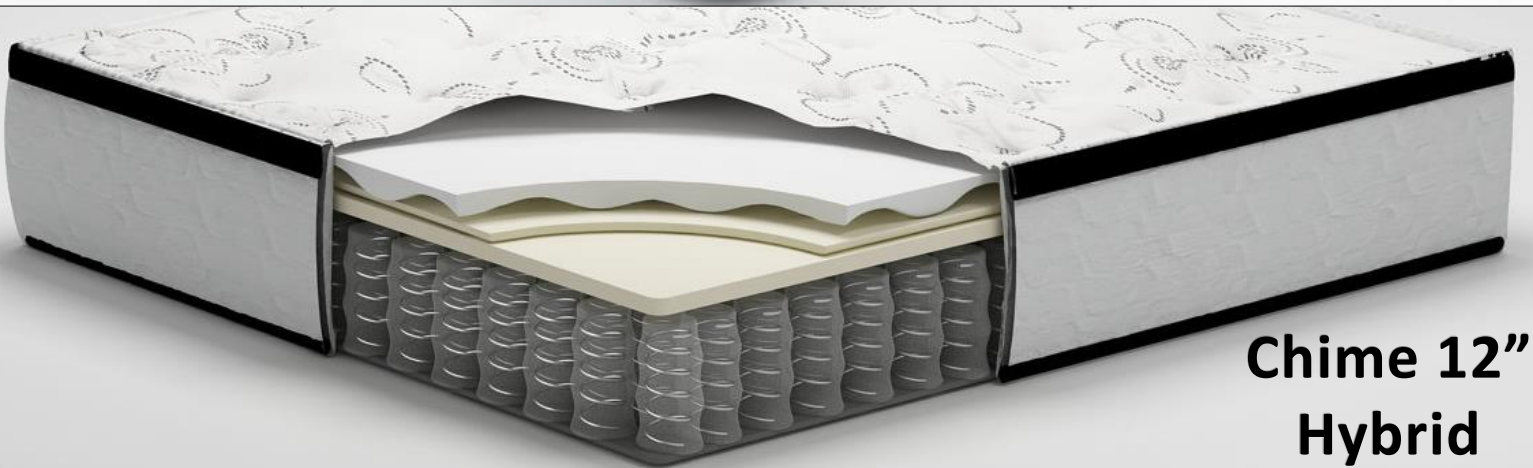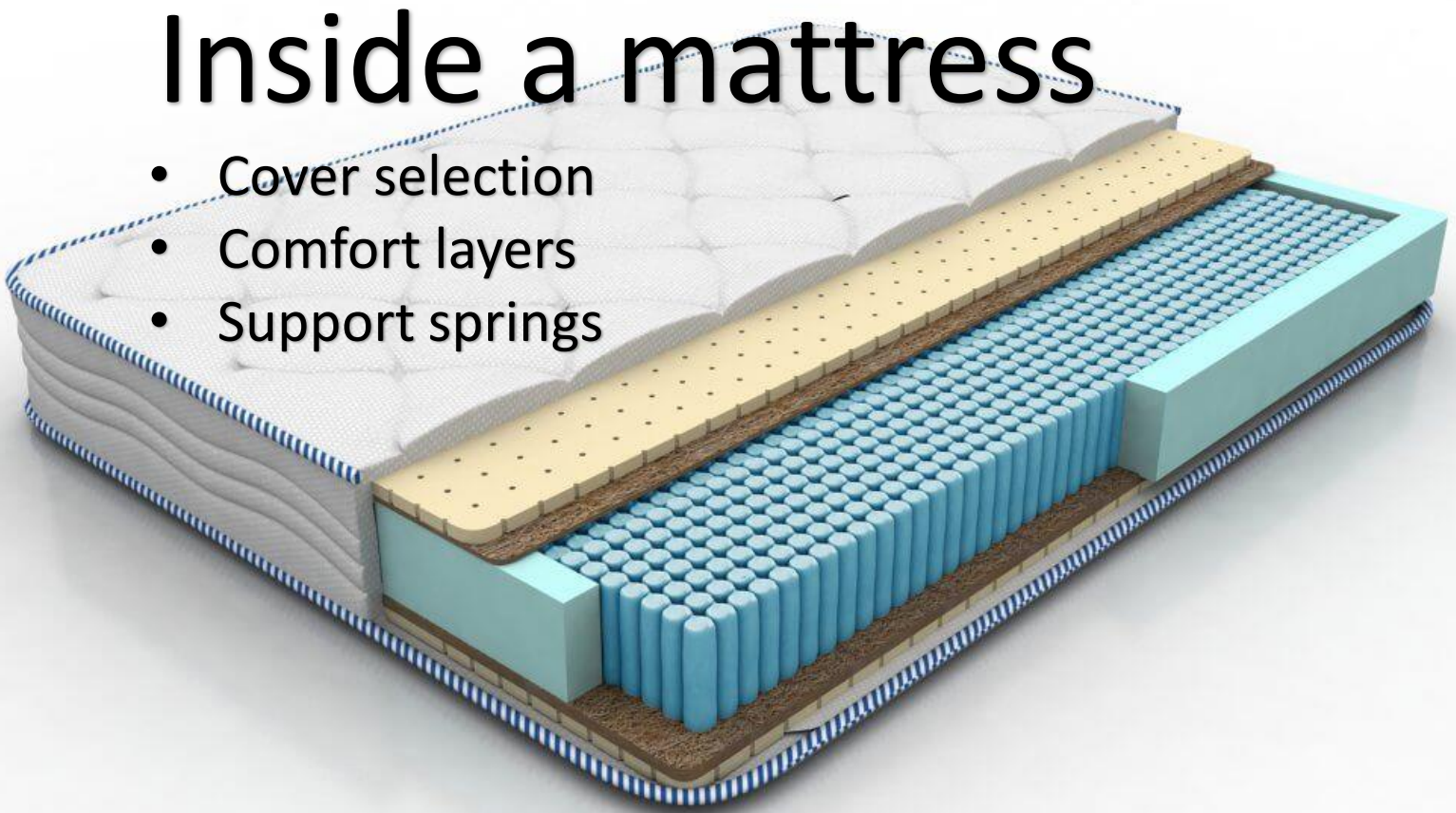
Plush >   **Medium >**   **Firm >**

How do you sleep?

Do you sleep on your back? — Consider a **medium-to-firm** mattress.

Do you sleep on your side? — Look for a **soft-to-medium** mattress.

Do you sleep on your stomach? — Look for a **firm** mattress.

Inside a mattress

- Cover selection
- Comfort layers
- Support springs

Chime 12" Hybrid

Bedding Basics

SLEEP DURATION — RECOMMENDED HOURS OF SLEEP

14-17 HRS	12-15 HRS	11-14 HRS	10-13 HRS	9-11 HRS	8-10 HRS	7-9 HRS	7-9 HRS

Mattress Lifespans

Mattress Type	Estimated Lifespan
Latex	12 years
Memory Foam	10 years
Hybrid	10 years
Innerspring	8-10 years
Pillow Top	7-10 years